

West Glamorgan Cross Country League Race Result

Eglwys – Margam 30th Jan 2005

- 1 Mark Roberts (Univ of Wales Swansea) 25.51
- 2 Scott Thompson (Univ of Wales Swansea) 25.57
- 3 Paul Richards (Swansea Harriers) 26.17
- 4 Paul Griffiths (Visteon) 26.39
- 5 Paul Talbot (Black Tuesday) 27.59
- 6 Lee Sandham (Black Tuesday) 28.09
- 7 John Williams (Black Tuesday) 28.10 (V40)
- 8 Kevin Lewis (Black Tuesday) 28.10 (V40)
- 9 Aaron Jones (Port Talbot Harriers Vets) 28.14 (V45)
- 10 Steve Williams (Black Tuesday) 28.16 (V45)
- 11 Steve Smith (Team Activa) 28.19 (V40)
- 12 Jeremy Collins (Univ of Wales Swansea) 28.26 (V50)
- 13 Richard Jones (Team Activa) 28.27 (V40)
- 14 Paul Dyson (Univ of Wales Swansea) 28.29 (V45)
- 15 Rob Edwards (Briton Ferry) 28.42 (V40)
- 16 Peter Watkeys (Univ of Wales Swansea) 28.54
- 17 Neil Davies (Cornelly Striders A.C.) 28.59 (V45)
- 18 Jeremy Davies (Corus) 29.00 (V40)
- 19 Carl Ellis (Port Talbot Harriers & A.C.) 29.03
- 20 Jon Embling (Corus) 29.09 (V45)
- 21 Cliff Evans (Univ of Wales Aberystwyth) 29.25 (V45)
- 22 James Padfield (Univ of Wales Swansea) 29.27
- 23 Tracey Ranson (Univ of Wales Aberystwyth) 29.28
- 24 Howard Carpenter (Black Tuesday) 29.44 (V50)
- 25 Mark Morgan (Univ of Wales Swansea) 30.04
- 26 Peter Miskell (Cwmavon) 30.21
- 27 Mike Evans (Black Tuesday) 30.27 (V40)
- 28 Colin Elvins (Univ of Wales Swansea) 30.30 (V40)
- 29 Les Chapman (Amman Valley Harriers) 30.33 (V55)
- 30 Pete Lloyd (3M's Gorseinon R.R.) 30.34
- 31 Francis Gill (Black Tuesday) 30.39 F45
- 32 Graham Colvin (3M's Gorseinon R.R.) 30.48 (V40)
- 33 Eric Davey (Guest - Llanelli AAC) 31.08 (V55)
- 34 Richard Webster (3M's Gorseinon R.R.) 31.28 (V50)
- 35 Lyndsey Christopher (Visteon) 31.33
- 36 Dai Davies (Neath Harriers) 31.39 (V55)
- 37 John Poston (Corus) 31.43 (V55)
- 38 Tom Alexander (Univ of Wales Swansea) 31.49
- 39 Leon Whiteley (Univ of Wales Swansea) 31.52
- 40 Paul Rees (3M's Gorseinon R.R.) 31.55 (V40)
- 41 Adrian Edwards (Cornelly Striders A.C.) 32.02
- 42 Mark Davies (Port Talbot Harriers & A.C.) 32.08
- 43 Kevin Taylor (Amman Valley Harriers) 32.15 (V40)
- 44 Stuart Davies (Cornelly Striders A.C.) 32.27 (V40)
- 45 Gareth Ayres (Port Talbot Harriers & A.C.) 32.28
- 46 Rob Griffiths (Skewen) 32.28
- 47 Len Richards (Port Talbot Harriers Veterans) 32.38 (V50)
- 48 Peter Turner (Cornelly Striders A.C.) 32.39 (V50)
- 49 Stephen Powell (Afan Lido) 32.40 (V40)
- 50 Stephen Lewis (Amman Valley Harriers) 32.41
- 51 Brian Fox (Swansea Harriers Veterans) 32.48 (V55)
- 52 Dewi West (3M's Gorseinon R.R.) 32.51 (V40)
- 53 Rob Fowler (Amman Valley Harriers) 32.55 (V55)

54 Chris Jones (Port Talbot Harriers Veterans) 32.56 (V40)
55 Anthony Oliver (Univ of Wales Swansea) 33.09 (U20)
56 Mike Gleeson (Visteon) 33.23
57 Dave Williams (Port Talbot Harriers & A.C.) 33.26
58 Stephen Bendle (3M's Gorseinon R.R.) 33.27 (V40)
59 Charles Thomas (Corus) 33.28
60 Richard Eastwood (Team Wecori) 33.31 (V40)
61 Jonathan Hill (Univ of Wales Swansea) 33.37
62 Sandra Pinkham (Black Tuesday Ladies) 33.39 (F40)
63 Kevin Walford (Cornelly Striders A.C.) 33.46
64 Brain Mogford (Amman Valley Harriers) 33.54 (V40)
65 Tony Holling (Port Talbot Harriers Veterans) 33.58 (V45)
66 Gary Waters (Swansea Harriers Veterans) 34.03 (V55)
67 Mark Reynolds (Cwmavon) 34.05
68 Alan Jeffries (Swansea Harriers Veterans) 34.09 (V60)
69 Linda Hutchinson (3M's Gorseinon R.R.) 34.12 (F40)
70 Carol Glover (Univ of Wales Swansea) 34.19 (U20)
71 Debra Youngs (3M's Gorseinon R.R.) 34.26 (F35)
72 Helen Marshall (Univ of Wales Swansea) 34.30
73 Philip Treharne (Visteon) 34.33 (V45)
74 Martin Morris (Team Wecori) 34.37
75 Carl Lewis (Afan Lido) 34.50
76 Steve Keogh (Land Registry) 34.55
77 John Hopkins (Port Talbot Harriers Veterans) 35.05 (V40)
78 Alex Marsh (Guest) 35.10
79 Hywel Evans (Visteon) 35.11 (V40)
80 Lynn Hughes (Cornelly Striders A.C.) 35.12 (V65)
81 Wendy Lacey (Black Tuesday Ladies) 35.13 (V45)
82 Mike Nash (3M's Gorseinon R.R.) 35.19 (V40)
83 Mark Morris (Port Talbot Harriers & A.C.) 35.20
84 Andrew Jenkins (Corus) 35.23 (V40)
85 Grant Thomas (Team Wecori) 35.28
86 Alan Perkins (Port Talbot Harriers Veterans) 35.45 (V50)
87 Kevin Knight (3M's Gorseinon R.R.) 35.50
88 Ray Boyce (Cornelly Striders A.C.) 35.54 (V40)
89 Jenny Hart (3M's Gorseinon R.R.) 35.55
90 Mike O'Leary (Cwmavon) 35.55
91 Kevin Corcoran (Land Registry) 35.59 (V40)
92 Christina Smith (3M's Gorseinon R.R.) 36.07 (F40)
93 John Farmer (Cornelly Striders A.C.) 36.08 (V45)
94 Louise Miskell (3M's Gorseinon R.R.) 36.09
95 Stuart Mason (Cwmavon) 36.15
96 Neil Samuel (Corus) 36.19 (V50)
97 Andrew Brown (Land Registry) 36.23 (V40)
98 Gaynor Hulland (3M's Gorseinon R.R.) 36.29 (F45)
99 Paul Webber (Trinity College, Carmarthen) 36.30 (V50)
100 Ray James (Port Talbot Harriers Veterans) 36.43 (V40)
101 Janet Gange (Black Tuesday Ladies) 36.49 (F40)
102 Terry Jones (Visteon) 36.58 (V55)
103 John Collins (Swansea Harriers Veterans) 37.26 (V65)
104 Christine Lloyd (Black Tuesday Ladies) 37.41 (F45)
105 Ken Davies (Team Wecori) 37.41 (V40)
106 Bob Gardner (Team Wecori) 38.12 (V40)
107 Andrew Richards (Guest - Neath) 38.18
108 Andrew Reynolds (Cimla) 38.21
109 Eleri Lougher (Team Wecori) 38.32
110 Anthony Vallario (Port Talbot Harriers Veterans) 38.35 (V45)
111 Andrew Hellier (Visteon) 38.43 (V40)
112 Mario Rabaiotti (Univ of Wales Swansea) 38.46 (V40)
113 Martin Evans (Amman Valley Harriers) 39.03 (V40)

114 Chritine Hurdidge (3M's Gorseinon R.R.) 39.33 (F50)
115 Sandy Williams (Univ of Wales Swansea) 39.57 (U20)
116 Arfon Rees (Team Wecori) 40.35
117 Mike Todd (Amman Valley Harriers) 40.42 (V45)
118 Leighton Johnson (Visteon) 40.49 (V45)
119 Helen Parry (Corus) 41.11 (F50)
120 Fay Sharpe (3M's Gorseinon R.R.) 41.28 (F45)
121 Jeff Mogford (Visteon) 41.28 (V45)
122 Mandy Morris (Black Tuesday Ladies) 41.38
123 Anita Howells (Black Tuesday Ladies) 42.04 (F55)
124 Fiona Glen (Univ of Wales Swansea) 42.28
125 Karen Burrows (3M's Gorseinon R.R.) 42.38 (F40)
126 Ian Swanson (Port Talbot Harriers Veterans) 43.00 (V50)
127 Catherine Marks (Univ of Wales Swansea) 43.11
128 Diane Connor (3M's Gorseinon R.R.) 43.38 (F40)
129 Julie Samuel (Corus) 43.45 (F40)
130 Karen Grey (3M's Gorseinon R.R.) 44.39
131 Tracy Williams (3M's Gorseinon R.R.) 44.48 (F40)
132 Ann Mogford (Amman Valley Harriers) 45.22 (F40)
133 Philip Dicks (Visteon) 45.43 (V45)
134 Barbara Broker (Univ of Wales Swansea) 46.50
135 Roze Fitzgerald (Amman Valley Harriers) 48.46 (F55)
136 Julie Lloyd (Bishop Vuaghan School) 51.04
137 Joy Owen (Corus) 52.45 (F50)
138 Pauline Williams (Black Tuesday Ladies) 55.16 (F45)

141 Started